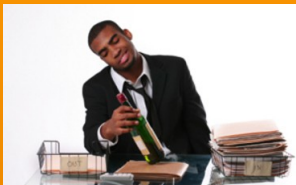




A DHR, ASAP, EAP  
WELL-BEING TEAM  
PRODUCT

## INSIDE THIS ISSUE



DRINKING ON THE JOB  
2



TAKE YOUR TALKING  
WALKING 8



HEY!....OH, WERE YOU  
TALKING? 9



AND MUCH MORE ...



# W&FP

## WORKFORCE PRIDE

*Refreshingly Relevant*

VOLUME 3, ISSUE 8

## Freedom is Not Free...Thank You for Your Service!

By US Army IMCOM Public Affairs

SAN ANTONIO (May 3, 2013) -- The President of the United States has proclaimed May as National Military Appreciation Month to remind Americans of the importance of the U.S. Armed Forces in history.

It is a symbol of unity, honoring today's military men and women, veterans and those who paid the ultimate sacrifice in the defense of freedom.

The U.S. Army Installation Management Command salutes those who serve -- their strength, commitment and unwavering service to this nation. This year's theme is "The United States Armed Forces: The Strength of the Red, White and Blue."

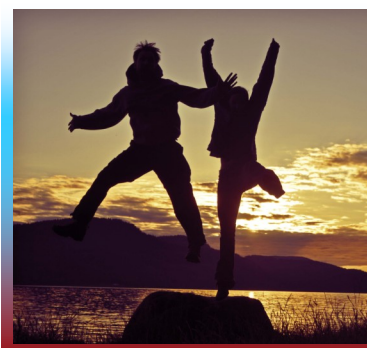
Throughout this month-long observance, which is focused on the theme of strength, IMCOM is highlighting events promoting fitness and team building -- some of the pillars of resiliency, according to organizers.

National Military Appreciation Month is an opportunity for Army leadership at every level to raise awareness of service members' contributions both on and off post, as well as deepen partnerships that support resilience and enhance the total wellness of the force.

For additional information about National Military Appreciation Month, visit [www.nmam.org](http://www.nmam.org).



May is National Military  
Appreciation Month



## Indulge in Life Purposefully

We all want to enjoy life to the fullest. We desire to have the best things, and sometimes that means we sacrifice happiness to get them. At some point the light bulb turns on. We then decide that happiness overrules greed, and "fitting in" only lasts for the moment. Don't take for granted what you have and sacrifice the important things for temporary enjoyment. Take time to indulge in life with intent and purpose. Happiness will always meet you on the other side when a plan comes together!! Enjoy the moment....ALWAYS!!!

## Alcohol in the Workplace



Out of millions who hold full time employment in the United States, close to fifteen million are heavy drinkers of alcohol, exacting a high cost on work organizations, as employees who drink a lot are often absent from work, suffer from a lot of health problems, and are at a greater risk of harming themselves and others.

In the workplace, the impact of alcoholism focuses on four major issues:

- Premature death/fatal accidents
- Injuries/accident rates
- Absenteeism/extra sick leave

Loss of production

Additional problem areas can include:

- Tardiness/sleeping on the job
- Theft
- Poor decision making
- Loss of efficiency
- Lower morale of co-workers
- Increased likelihood of having trouble with co-workers/supervisors or tasks

- Higher turnover
- Training of new employees

Disciplinary procedures

While alcoholism can affect any industry and any organization, big or small, workplace alcoholism is especially prevalent in these particular industries:

- Food service
- Construction
- Mining and Drilling
- Excavation

Installation, maintenance and repair  
Two specific kinds of drinking behavior significantly contribute to the level of work-performance problems: drinking right before or during working hours (including drinking at lunch and at company functions), and heavy drinking the night before that causes hangovers during work the next day.

And it isn't just alcoholics who can generate problems in the workplace. Research has shown that the majority of alcohol-related work-performance problems are associated with nondependent drinkers who may occasionally drink too much -- not exclusively by alcohol-dependent employees. In addition, family members living with someone's alcoholism also suffer significant job performance related problems--including poor job performance, lack of focus, absenteeism, increased health-related problems and use of health insurance.

# Get In the Know: Alcohol Awareness



If you are wondering if you have a problem with alcohol or are worried about how a family member, friend, and/or co-worker might be abusing alcohol, then you are taking the right steps.

### Signs and Symptoms of Alcohol Abuse:

Experts make a distinction between alcohol abuse and alcoholism (also called alcohol dependence). Unlike alcoholism, alcohol abusers have some ability to set limits on their drinking. However, their alcohol use is still self-destructive and dangerous to themselves, can progress into alcoholism and they need help.

### Common Signs and Symptoms of Alcohol Abuse include:

Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work including:

- **Repeatedly Neglecting Responsibilities:** Because of drinking, repeatedly neglecting responsibilities at home, work, or school. For example, neglecting the children, performing poorly at work, poor or failing grades in school, or skipping out on work, school, personal or social commitments because you're hung over.
- **Alcohol Use in Dangerous Situations:** The use of alcohol in situations where it can be physically dangerous, such as drinking and driving, drinking in a bad neighborhood, mixing alcohol with prescription medication against the advice of your doctor or operating machinery while drinking.
- **Legal Problems Due to Drinking:** If, due to drinking, you are experiencing repeated legal problems. For example, getting arrested for fights, drunk and disorderly conduct, domestic disputes, driving under the influence.
- **Continued Drinking Despite Relationship Problems:** Alcohol is causing or making problems worse in your relationships with your friends, family or spouse, and you continue to drink. For example, fighting with your family because they don't like how you act when you drink or going out and drinking with your buddies even though you know your wife will be very upset.

**Drinking to De-Stress:** Many drinking problems start when people use alcohol to relieve stress. Because alcohol is a sedative drug, over time, you will need more alcohol to have the same effect. Getting drunk after a very stressful day more often, for example, or reaching for a bottle after you have an argument with boss, a friend or your spouse more frequently.

### What is the difference between alcoholism and alcohol abuse?

Not all alcohol abusers develop alcohol dependence or alcoholism, but it is a major risk factor. Sometimes alcoholism develops suddenly in response to a genetic predisposition from a family history of alcoholism or due to a stressful change, such as a breakup, retirement, or another loss. Other times, it gradually creeps up on you as your tolerance to alcohol increases. If a person is a binge drinker or drinks every day, the risks of developing alcoholism are even greater.

### NCADD Self-Test: What Are the Signs of Alcoholism

Are you concerned about the role alcohol plays in your life? With 26 questions, this simple self-test is intended to help you determine if you or someone you know needs to find out more about alcoholism. This test specifically does *not* include drug use. To take a self-test focused specifically on drug use, take the Drug Abuse Screening Test.

### Signs and symptoms of alcoholism:

Alcoholism involves all the symptoms of alcohol abuse, but also involves another element: physical dependence- tolerance and withdrawal.

- **Tolerance:** Tolerance means that, over time, you need more alcohol to feel the same effect. Do you drink more than you used to? Do you drink more than other people without showing obvious signs of intoxication?
- **Withdrawal:** As the effect of the alcohol wears off you may experience withdrawal symptoms: anxiety or jumpiness; shakiness or trembling; sweating, nausea and vomiting, insomnia, depression, irritability, fatigue or loss of appetite and headaches. Do you drink to steady the nerves, stop the shakes in the morning? Drinking to relieve or avoid withdrawal symptoms is a sign of alcoholism and addiction. In severe cases, withdrawal from alcohol can be life-threatening and involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous and should be managed by a physician specifically trained and experienced in dealing with alcoholism and addiction.
- **Loss of Control:** Drinking more than you wanted to, for longer than you intended, or despite telling yourself that you wouldn't do it this time.
- **Desire to Stop- But Can't:** You have a persistent desire to cut down or stop your alcohol use, but all efforts to stop and stay stopped, have been unsuccessful.
- **Neglecting Other Activities:** You are spending less time on activities that used to be important to you (hanging out with family and friends, exercising- going to the gym, pursuing your hobbies or other interests) because of the use of alcohol.

- **Alcohol Takes Up Greater Time, Energy and Focus:** You spend a lot of time drinking, thinking about it, or recovering from its effects. You have few, if any, interests, social or community involvements that don't revolve around the use of alcohol.

- **Continued Use Despite Negative Consequences:** You drink even though they know it's causing problems. As an example, you realize that your alcohol use is interfering with your ability to do your job, is damaging your marriage, making your problems worse, or causing health problems, but you continue to drink.

### If You Are A Friend or Family Member:

Visit [For Family and Friends](#) for information and resources including a self-test to better understand how you have been affected, and find out if you may need some help.

If you are concerned about your own use of alcohol or drugs, [Get Help or Find an Affiliate](#) near you. If you are concerned about a member of your family or friend, [For Family or Friends](#). Or, if you want [Learn About Drugs](#).



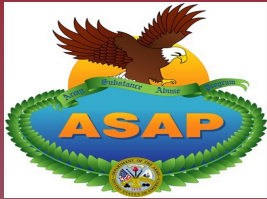
**DON'T  
DRINK  
AND  
DRIVE**



## National Alcohol and Sexual Assault Awareness Month

### “The Impact of Positive Change is Forever”

By: Stephanie Armel, TRADOC Risk Reduction Coordinator



“Help for Today. Hope for Tomorrow” and “It’s Time...To Talk About It”, two slogans for a better a stronger Army and a better tomorrow as the Army strives to be better and create a healthier culture.

During the month of April, the Fort Sill Army Substance Abuse Program (ASAP) and the Sexual Harassment/Assault Response and Prevention Program (SHARP) partnered together in sup-

port of National Alcohol and Sexual Assault Awareness Month. They promoted prevention and awareness through special activities and public education throughout the installation.

We would like everyone to be aware of the risk and ask for everyone’s help to prevent and intervene to avoid and minimize the devastating consequences of alcohol abuse and the life altering impact of sexual assault.

Alcohol and Sexual Assault Awareness month is intended to educate people and communities through prevention and intervention training about the consequences of on alcohol abuse on families, careers, finances, and health. There is a special emphasis on alcohol’s impact on relationships and sexual assaults.

According to the National Institute on Alcohol Abuse and Alcoholism, on average “approximately one-half of all cases of sexual assault and rape involve alcohol consumption by the perpetrator, the victim, or both”. To date, alcohol is still considered the number one date rape drug of choice. As stated by Womenshealth.gov, “any drug that can affect judgment and behavior can put a person at risk for unwanted or risky sexual activity. Alcohol is one such drug. In fact, alcohol is the drug most commonly used to help commit sexual assault. When a person drinks too much alcohol: It’s harder to think clearly, it’s harder to set limits and make good choices, it’s harder to tell when a situation could be dangerous, it’s harder to say “no” to sexual advances, it’s harder to fight back if a sexual assault occurs, and it’s possible to blackout and to have memory loss.” Even though the use of alcohol is not a crime in most cases, when it is used to facilitate a sexual assault it quickly can become a crime that can have devastating long-lasting effects for everyone. No one can give consent while under the influence. Even if a victim of sexual assault drank alcohol or willingly took drugs, the victim is **not** at fault for being assaulted.

The impact of these crimes serves as a reminder that the crimes not only affect the person, but has a ripple effect which impacts family, friends, co-workers, and the overall Army mission.



For the month of April, red, the national color for Alcohol Awareness, and teal, the national color for Sexual Assault Awareness, ribbons were placed at the post gates to serve as visual reminder of the relationship one has to the other. The small red flags surrounding the ribbons symbolize the victims who have been impacted by alcohol-related incidents and sexual assault.



Not just for the month of April but forever, please join ASAP and SHARP and get involved to help all of the Fort Sill personnel and the local community champion the culture of being a responsible Battle Buddy. This means making good choices yourself and intervening early if you see a dangerous situation developing.

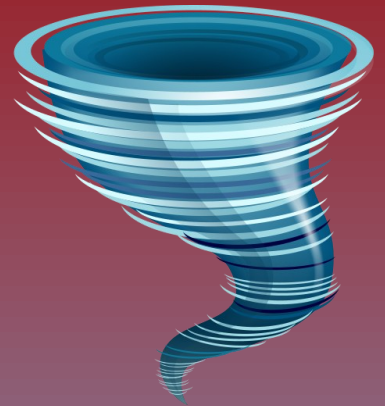
For those concerned about their own difficulties with Alcohol or other drugs or who are concerned about others they care about, the Fort Sill clinical ASAP is always there for you. They offer screening and treatment services and can be reached at (580) 442-4205.

If you have been a victim of sexual assault, know your options, call (580) 574-0871 for immediate help.

Military-One-Source also offers confidential help at [militaryonesource.com](http://militaryonesource.com) or 1 (800) 342-9647.

Remember help is everywhere, but it’s up to you to take advantage of all the resources available to you and your organization.

## Tornado Safety Tips



Tornadoes are volatile and sometimes unpredictable. Packing wind gusts over 200 mph in some cases, these rotating, funnel-shaped columns of air can injure people, devastate homes and property.

According to the Federal Emergency Management Agency, they have been known to leave a path of damage more than one mile wide and 50 miles long.

Also, according to the National Oceanic and Atmospheric Association, there were 1,692 tornadoes in the U.S. in 2011, with 758 of them touching down in the month of April. A preliminary count by the NOAA indicates there were about 939 tornadoes in the U.S. in 2012. In the Southern states, peak tornado season is March through May, while in the Northern states, the peak season is loosely defined as late spring through early summer. But a tornado can occur in any state, during any season, and at any time—which is why it is a good idea to make sure to be prepared in case a tornado strikes.

### Warning Signs of a Tornado

FEMA stresses the fact that when a tornado is in the vicinity, you can’t always depend on seeing a funnel cloud. It highlights the following warning signs as possible precursors to tornado activity:

- Large hail
- A dark, sometimes greenish sky
- Large, dark, low-lying clouds, possibly rotating
- A loud, roaring wind, sometimes described as sounding like a freight train

If you notice these warning signs, officials say you should take shelter immediately and, if possible, tune in to weather and news reports.

### Where to Take Shelter During a Tornado

But where to go? FEMA suggests building a safe room, which is a reinforced room that can provide safe shelter, in your home if possible. But, if you don’t have a safe room in your home, the Storm Prediction Center says you should either take shelter in a basement or in an interior room without windows. I

f you opt for a basement, officials say you should stay underneath a heavy table or work bench, and try to stay away from areas where heavy objects, like the refrigerator or a piano, rest on the floor above. If you don’t have a basement, the SPC says you should go to a small interior room — like a bathroom or a closet — on the first floor and cover yourself with a mattress or thick blanket, to protect yourself from any falling debris. In addition to making a plan to take shelter, it’s important to build an emergency kit for your home, which should include food, water and supplies for up to 72 hours. Another important item to include in your emergency kit is a battery-powered radio, which can allow you to listen to weather reports, news updates and any emergency instructions.

Establishing a family communications plan may also be a good idea in case of an emergency, which may strike when some family members are away from home. Ready.gov provides a worksheet that can help your family decide where to meet and whom to call in case of an emergency.

### After the Tornado

Even after the twister has passed, the danger isn’t necessarily gone, so it’s important to remain cautious. Downed power lines, structural damage to buildings and scattered debris can pose a risk of injury after a tornado. So, even when it’s safe to emerge from your hiding place, be careful. Glass and nails are potential hazards, so FEMA suggests wearing sturdy shoes or boots to protect your feet from dangerous debris. Stay clear of any downed power lines, and don’t attempt to enter any buildings unless emergency personnel have deemed them safe. Tornadoes can strike with little or no warning, but you’re not powerless. Take steps to make sure your family is armed with a plan to stay safe.

Source: [mint.com](http://mint.com)



# May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Well-Being Center (WBC) is located at 3415 Miner Road			1  Alcoholics Anonymous (WBC, 1900)	2	3	4
5	6	7  Carson & Barnes Circus	8  Alcoholics Anonymous (WBC, 1900)	9 ONE Brief	10	11
	ADAPT (WBC 0800-1600)				Arts for All Festival	
12  Arts for All Festival	13	14  Gambler's Anonymous (WBC, 1800)	15  Alcoholics Anonymous (WBC, 1900)	16	17	18 <u>Armed Forces Day Parade</u>
Unit Prevention Leader TRAINING (Well-Being Center, ASAP 0800-1600)						
19	20	21  Gambler's Anonymous (WBC, 1800)	22  UPL Recert (0830)	23 CWBO MEETING	24	25 <u>Lawton Farmer's Market</u>
26	27	28  Gambler's Anonymous (WBC, 1800)	29  Alcoholics Anonymous (WBC, 1900)	30	31	

Click to join ASAP on Facebook



Click to visit our ASAP Website

For more news, check out the Cannoneer!

the **Cannoneer** Online  
sill-www.army.mil/cannoneer

For more community events, activities, and trainings, check out the MWR and ACS websites: (click on logos)



Looking for more to do?

LAWTON  
FORT SILL  
Chamber of Commerce

Check out the Community Calendar.

3RD ANNUAL

FORT SILL  
POLO CLASSIC

SUNDAY, MAY 12, 2:00 P.M.  
FORT SILL POLO FIELD

FREE Admission



Presenting Sponsor:

Sponsored By:



Federal endorsement of sponsors not intended.



## Study Reveals Belief in God Linked to Improved Mental Health

By **RICK NAUERT PH.D.** Senior News Editor

Reviewed by John M. Grohol, Psy.D. on April 26, 2013



A new study suggests belief in God may significantly improve the outcome of those receiving short-term treatment for psychiatric illness. Researchers followed patients receiving care from a hospital-based behavioral health program to investigate the relationship between patients' level of belief in God, expectations for treatment and actual treatment outcomes. In the study, published in the current issue of

*Journal of Affective Disorders*, researchers comment that people with a moderate to high level of belief in a higher power do significantly better in short-term psychiatric treatment than those without. "Belief was associated with not only improved psychological well-being, but decreases in depression and intention to self-harm," says David H. Rosmarin, Ph.D., an instructor in the Department of Psychiatry at Harvard Medical School. The study looked at 159 patients, recruited over a one-year period. Each participant was asked to gauge their belief in God as well as their expectations for treatment outcome and emotion regulation, each on a five-point scale. Levels of depression, well-being, and self-harm were assessed at the beginning and end of their treatment program. Of the patients sampled, more than 30 percent claimed no specific religious affiliation yet still saw the same benefits in treatment if their belief in a higher power was rated as moderately or very high. Patients with "no" or only "slight" belief in God were twice as likely not to respond to treatment as patients with higher levels of belief. Investigators believe the study demonstrates that a belief in God is associated with improved treatment outcomes in psychiatric care. "More centrally, our results suggest that belief in the credibility of psychiatric treatment and increased expectations to gain from treatment might be mechanisms by which belief in God can impact treatment outcomes." Investigators hope that the study will lead to additional investigation on the clinical implication of spiritual life as more than 90 percent of the U.S. population hold religious beliefs.

Source: [McLean Hospital](#)

# Life focus

## Alcoholics' Suicide Risk Increases With Age



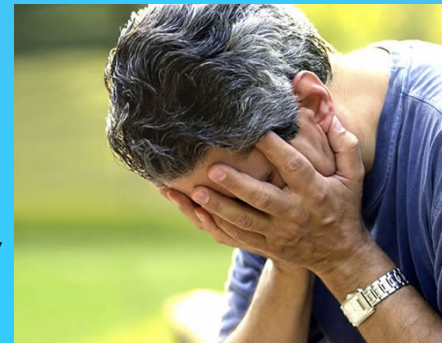
Researchers know that alcohol disorders amplify suicide risk. At least one-third of individuals who committed suicide also met criteria for alcohol abuse or dependence; alcohol-use disorders are a potent risk factor for suicide attempts that are considered medically serious; and up to seven percent of alcoholics die by committing suicide.

Suicide risk among alcoholics also appears to increase with age. A study in the journal *Alcoholism: Clinical & Experimental Research* has found that middle-aged and older alcoholics are at greater risk for suicide than young alcoholic adults.

### Increased Risk for Suicide

"Alcoholism is a common disorder and is also a potent risk factor for suicide," said Kenneth R. Conner, assistant professor at the University of Rochester Medical Center and first author of the manuscript. "This was the first study of a sample of adults across the age spectrum that explicitly focused on factors that increase the risk for suicide and medically serious suicide attempts associated with alcohol dependence."

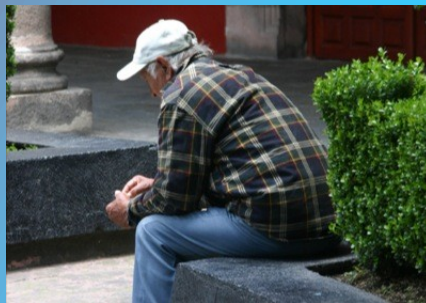
For the purposes of this study, a medically serious suicide attempt was defined as one that required hospital admission for up to 24 hours and met one other criterion that described the type of treatment received. "Data were gathered from medically serious attempters because they are a subgroup of suicide attempters who engaged in especially dangerous behavior, suggesting a high intent to die," said Conner. Even if not successful the first time, he said, these individuals have an elevated risk of dying in subsequent attempts.



### Age-Related Patterns

"In most countries, risk for attempted suicide is highest among adolescents and young adults," Conner continued, "whereas the risk for completed suicide is highest among older adults. This study's findings - that alcohol-dependent middle-aged and older adults are at greater risk for suicide than alcohol-dependent young adults - reinforce the notion of different age-related patterns in attempted suicide and completed suicide."

For the study, researchers examined data gathered by Annette L. Beautrais and colleagues for the Canterbury Suicide Project, a case-control study of suicides, medically serious suicide attempts, and randomly selected comparison subjects from the Canterbury region of New Zealand. In the analyses, all of the subjects were 18 years of age or older: 193 (149 males, 44 females) had died by committing suicide; 240 (114 males, 126 females) had made a



medically serious suicide attempt; and 984 (476 males, 508 females) were community controls. Researchers compared demographic and diagnostic variables.

### Mood Disorder and Suicide

Results indicate that the association between alcohol dependence and suicide becomes amplified with age; however, the association between alcohol dependence and medically serious suicide attempts does not. Increased age also appears to amplify the association between mood disorders and suicide, whereas decreased age appears to strengthen the association between mood disorders and medically serious suicide attempts.

"This study shows that suicide risk in alcoholics increases with age," said Duberstein. "This study also shows that if you have a mood disorder, such as depression, the likelihood of suicide increases as you get older. I think the authors are absolutely correct in concluding that 'the increased risk for suicide among older adults documented in western cultures may be attributable in large part to the increased vulnerability of older adults to complete suicide in the context of alcohol dependence and mood disorders.'

"Furthermore, the study also challenges the myth that suicide is 'more rationale' in older adults. Of course, there are rational suicides, but they are the exceptions. Most suicides have a diagnosable and treatable mental illness at the time of death."



Source: *Alcoholism: Clinical & Experimental Research*.

# DEAR FRAN

Dear Fran,  
I am a very professional soldier who has been promoted above all my peers and I have only excellent ratings on my evaluation and I never drink on the weekdays. However, I drink so much on the weekends to the point of passing out and my wife complains constantly of my drinking on the weekends and says I'm an alcoholic? Is there help for me? Excellent and Excelling Soldier  
Ft. Sill, OK



Dear Excelling Soldier,  
The word "alcoholic" is used very loosely by many who do not know that there are very specific criteria that must be met before a "professional" would diagnose you as alcohol-dependent. One indicator that is used by professionals is "binge" drinking. A clear indicator of a problem is drinking to the point of passing out or "blacking out". Over the years, I have developed a five-finger method which allows the individual to decide for themselves if they have a problem with alcohol. Those five fingers represent the areas of relationships, work, the legal system, as well as, finances and health. If alcohol is causing problems in any of those areas of a person's life, and a person decides to continue to use, there may be a problem. The good news is it sounds like you are trying to deal with the problem before it worsens. Come by and I will be more than happy to demonstrate the technique in a quick triage session. If

you would like, bring your wife along. Maybe I can help the both of you through this challenging time in your relationship. Thanks for asking,  
Fran

If you have any questions or concerns that you would like Fran to address, please contact Fran through our ASAP Facebook page:



## Out of Control: A Story of Recovery



My binge drinking began in high school, and with it, blackouts and promiscuous sex. I brought hard liquor in Gatorade bottles to school dances and hooked up with boys in darkened hallways. I lost my virginity to a guy I barely knew at a house party. When I woke up the next morning, I hardly remembered it. My friends and I had fake ID's and would go out to bars. I met lots of men and had lots of casual sex. One night as I drifted in and out of drunken consciousness, I was date raped by a man who I thought was a friend. A few months later, it happened again. At the time I didn't connect the drinking with the negative episodes in my life. I thought that everyone drank the way I did. I was angry that my life wasn't going as I wanted it to and that so many bad things were "happening to me." I felt completely out of control and weak because I could not stop drinking, and my self-esteem began to plummet. I would seek to increase my self-esteem by getting attention from men, often with sex, but when they ultimately rejected me, I felt even worse.

When I graduated high school my drinking progressed, and my friends began to get real lives. I remained stuck in a pattern of drinking all day, every day. I needed help. In recovery I have witnessed a miracle in myself. I have been given a new life. I am less jealous, angry, and lonely. I am present in my relationships with family and friends. I am attracting the kind of people that I want to attract and giving back to people more than I ever could when I was drinking.

- Amy, 19

## Youth Substance Abuse: Ten Tips for Prevention



**Don't Be Afraid to Say No:** Sometimes, our fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right. Real simple, it may seem like "everyone is doing it," but they are not. Don't let someone else make your decisions for you. If someone is pressuring you to do something that's not right for you, you have the right to say no, the right not to give a reason why, and the right to just walk away.

**Connect With Your Friends and Avoid Negative Peer Pressure:** Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high, you may want to think about making some new friends. You may be headed toward an alcohol and drug problem if you continue to hang around others who routinely drink alcohol, smoke marijuana, abuse prescription drugs or use illegal drugs. **You don't have to go along to get along.**

**Make Connections With Your Parents or Other Adults:** As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decisions about alcohol and drugs is very important. The opportunity to benefit from someone else's life experiences can help put things in perspective and can be invaluable.

**Enjoy Life and Do What You Love - Don't Add Alcohol and Drugs:** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, "I'm bored" is just an excuse. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on life.

**Follow the Family Rules About Alcohol and Drugs:** As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important. Don't let alcohol and drugs come between you and your parents. Talking with mom and dad about alcohol and drugs can be very helpful.

**Get Educated About Alcohol and Drugs:** You cannot rely on the myths and misconceptions that are out there floating around among your friends and on the internet. Your ability to make the right decisions includes getting educated. Visit Learn About Alcohol and Learn About Drugs. And, as you learn, share what you are learning with your friends and your family.

**Be a Role Model and Set a Positive Example:** Don't forget, **what you do is more important than what you say!** You are setting the foundation and direction for your life; where are you headed?

**Plan Ahead:** As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.

**Speak Out/Speak Up/Take Control:** Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage others to do the same.

**Get Help!** If you or someone you know is in trouble with alcohol or drugs, (What to Look For), get help. Don't wait. **You are not alone.**



# Furlough Resources

**Administrative  
Furlough Guidance**  
[Office of Personnel  
Management](#)

[Department of Defense – Defense Civilian Per-  
sonnel Advisory Service](#)

[Army Civilian Personnel Online](#)

[Fort Sill Furlough Info](#)

**Installation  
Resources**  
[Employee Assistance  
Program \(EAP\)](#)  
580-442-4205/6306

[Army Community Services  
\(ACS\)](#)  
580-442-4916

[Military Family Life  
Consultants \(MFLC\)](#)  
580-574-7362/63/64

[RTC Mind Center](#)  
580-442-6237

[Fort Sill Religious Services  
\(Chaplain\)](#)  
580-442-3302

**Community  
Resources**

[Federal Employee Education & Assistance Fund  
\(FEEA\)](#)

[United Way of  
Lawton-Fort Sill](#)  
Help Line 2-I-I  
580-355-0218

[Joint Oklahoma Information Network](#)

**Financial Training**  
[MyArmyOneSource](#)  
[OklahomaMoneyMatters](#)  
[MyMoney](#)

**Financial Budgeting**  
[ACS Financial Readiness](#)  
580-442-4916

[Click on links for more  
information.](#)

# Ft. Sill Talks Back



**If you knew that  
everyone you know  
was going to die  
tomorrow, who  
would you visit today?**

Myself, Misery loves company.

-SFC James Lawson,  
I-31 FA



24hrs is not a long time. With that said, I would go home to my wife, unplug the phones, the TV, and my cell phone, and play games with my wife. I would talk to her until we fell asleep late into the night.

- SGT Jason Amway, HHB 3-13 FA BN

I wouldn't visit one person I would call them all and have them meet in one location, like a church. We would all pray together until that time comes.

- SFC Rosaan Davis, 95 AG BN



# Brainteaser

**This Month's  
Brainteaser**

Why is it against the law for a person living in New York to be buried in California?

Answer in next month's edition



**Last Month's  
Answers**

1. Divide 50 by half and add 20.  
What number do you get?  
Answer-120

2. Which month has 28 days?  
Answer- All

## Wellness Window

# Exercise Fun and Social!

### Make Exercise Fun

There are numerous activities that qualify as exercise. The trick is to find something you enjoy that forces you to be active. Pairing exercise with another activity makes it easier and more fun. Simple examples include:

Take a dance or [yoga](#) class.

- Blast some favorite music and dance with your kids.
- Make a deal with yourself to watch your favorite TV shows while on the treadmill or stationary bike.
- Workout with a buddy, and afterwards enjoy coffee or a movie.
- Enjoy outdoor activities such as golf, playing Frisbee, or even yard work or gardening.

### Make Exercise a Social Activity

Exercise can be a fun time to socialize with friends and working out with others can help keep you motivated. For those who enjoy company but dislike competition, a running club, water aerobics, or dance class may be the perfect thing. Others may find that a little healthy competition keeps the workout fun and exciting. You might seek out tennis partners, join an adult soccer league, find a regular pickup basketball game, or join a volleyball team.

For many, a workout partner can be a great motivator. For example, if you won't get out of bed to swim yourself, but you would never cancel on a friend, find a swim buddy.



Source: [helpguide.org](http://helpguide.org)

## Cooking Excellence

### Mexican Lasagna



#### Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 pounds ground chicken breast, available in the packaged meats case
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/2 red onion, chopped
- 1 (15-ounce) can black beans, drained
- 1 cup medium heat taco sauce or 1 (14-oz) can stewed or fire roasted tomatoes
- 1 cup frozen corn kernels
- Salt
- 8 (8 inch) spinach flour tortillas, available on dairy aisle of market
- 2 1/2 cups shredded Cheddar or shredded pepper jack
- 2 scallions, finely chopped

#### Directions

Preheat the oven to 425 degrees F.

Preheat a large skillet over medium high heat. Add 2 tablespoons extra-virgin olive oil - twice around the pan. Add chicken and season with chili powder, cumin, and red onion. Brown the meat, 5 minutes. Add taco sauce or stewed or fire roasted tomatoes. Add black beans and corn. Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.

Coat a shallow baking dish with remaining extra-virgin olive oil, about 1 tablespoon oil. Cut the tortillas in half or quarters to make them easy to layer with. Build lasagna in layers of meat and beans, then tortillas, then cheese. Repeat: meat, tortilla, cheese again. Bake lasagna 12 to 15 minutes until cheese is brown and bubbly. Top with the scallions and serve.

Source: [foodnetwork.com](http://foodnetwork.com)

## PEACEFUL PLAZA: Let Go

Letting Go is a mantra of our times. "Just let go," we're advised. "If only I could let go," others complain. The call to let go lies at the core of humanity's many spiritual traditions. Non-attachment to outcomes, surrendering desires, accepting the present, opening to the guidance of a higher power, relinquishing the ego, forgiveness—they all entail a letting go. Why is letting go so important? Holding on, these teachings repeatedly affirm, limits perception, makes us tense, and obscures our true nature. Moreover, it lays at the root of most of our suffering. Letting go, on the other hand, brings relief, ease, joy, and love. But if letting go is so valuable, why don't we just do it? The answer, as anyone who has tried can testify, is that it is not as easy as it sounds. To appreciate why letting go can seem so difficult, we need to understand why we hold on, and what we hold on to. To answer these questions we must delve into a more fundamental question: What is it we really want?

Click [LET GO](#) to take a moment to relax and practice letting go.



Click: [LET GO](#) to relax and enjoy this month's featured "Peaceful Plaza Guided Imagery segment."





# Manager's Memo: A Caveman and A Gentleman

Knowing our brain and understanding how it works may seem like a daunting task. Many publications will overwhelm and overcomplicate the brain leaving us feeling intimidated. However, I have always had a fascination with the brain I would like to share with you my understanding of the brain in the hope that the information may help us improve our relationships, both at work and at home.

## Your Inner Caveman

The Limbic System or what I like to refer to as our "Caveman" (or Cavewoman) brain is the older and more primitive part of our brain and is where our survival instincts and emotions reside. Because of the Caveman's seniority, he can override more complex and thoughtful parts of the brain. The Caveman decides what to fear and where to focus our attention. It keeps us safe when snap decisions are required instead of more deliberate (and slower) response may result in injury or worse. When threatened the Caveman floods the body with stress hormones to better address the threat. It is also where mostly unconscious value judgments are made. Long term and often painful memories are stored here as well. These memories combine with emotions to mark behaviors with positive or negative feelings.

Make no mistake, the Caveman is the boss. This area of the brain is fully functional at birth and operates automatically. The caveman never sleeps, keeping routine and life essential bodily functions operating without us having to consider them. The Caveman is always on the look-out for danger. He is reactive and designed for speed. The Caveman allows us to jump out of the way of a speeding car, or quickly pull our hands away from something hot without the delay of a more analytical process. That is why we can go from totally relaxed to total vigilance in a matter of seconds. Because of the Caveman's quick response, he may respond even before he is aware that he has reacted. 2/3rds of the rest of our brain envelops and houses the caveman brain like a helmet. This area of the brain is commonly referred to as the Neocortex. I like to think of the neocortex as our gentleman (or lady) brain. The gentleman brain is divided into two sides, right and left. Among other things the neocortex helps us reason, solve problems, and suppress our Caveman impulses. It helps us keep the Caveman in his cave. Humans are different from animals in that our Gentleman brain is larger and more developed. This is where we find the gray matter to develop language, abstract thought, and imagination. The neocortex has made us king of the jungle and is responsible for our rise up the food chain. When not facing a real or imagined threat, the Caveman is calm and allows, allowing the gentleman to be creative, analyze, judge, and make decisions. When the Gentleman is calling the shots we feel secure enough to be playful and open and vulnerable to someone. However, when we feel threatened our Caveman brain overrides our Gentleman in an effort to protect itself. There are generally two types of protective postures the Caveman takes in the face of adversity; fight or run.

## When the Caveman Wants to Fight

To ward off the threat the Caveman may choose to react by intentionally causing pain in others. The fighting Caveman may yell, blame, criticize, or become physically aggressive. Never forget that to the Caveman fighting is always a reasonable response and to someone he determines wants to harm him. The Caveman will stop fighting only when he begins to feel safer. Once the Caveman is out of the cave it may take some time and repetition to calm and reassure him that he (again, or she) feels safe.

## The Caveman Runs Away

When some animals feel threatened its old brain sends the message to run. A horse or deer have little or no other defense mechanism except to run. Today's Caveman, on the other hand, cannot always run away and may respond by:

- Watching too much television
- Reading romance novels
- Spending lots of time in the garage
- Avoiding eye contact
- Volunteering for every community activity
- Keeping separate bank accounts
- Being workaholics or staying at work
- Surfing the web to the extreme
- Constantly change the subject
- Spending a great deal of time gambling on the slot machines
- Numbing themselves with too much alcohol
- Consuming too much food

The caveman runs to avoid danger. To pursue the caveman is counterproductive. If the caveman knows he won't be chased, he will eventually stop running. The caveman will go back into his cave and allow the gentleman to return.

## Getting the Caveman to Calm Down Again

If our Caveman brain is activated only safe behaviors will get him to calm down. We should never try to demand or force the Caveman away. This may work in the short-term, but this tactic will probably result in long-term damage. Criticizing or judging the actions of another are behaviors that indicate a Caveman who is fighting back to feel safe. Avoiding or ignoring the issue is an example of the caveman running away from the situation. To soothe a fearful Caveman (or Cavewoman) we must demonstrate with our words and actions that we are interested in their safety and well-being. Things like active listening, words of appreciation and affirmation, compliments, thoughtful actions, physical touch, quality time, and small gifts all may help to calm the Caveman. In the book, "How to Improve Your Relationship Without Talking About the authors Steven Stosney and Pat Love the premise is that we cannot communicate until there is a connection. When we feel connected we feel secure enough to effectively communicate. This means that men will turn into Caveman when they hear things like I told you that yesterday! Why don't you remember? How many times do I have to tell you? How come you didn't take out the garbage? Act your age! You are acting like a child! To change behavior we stand a better chance by focusing and asking questions about the behavior. Also, using statements that begin with the word "I" rather than "you" should help us more creatively deal with the issue at hand. For women, non-fear-inducing behaviors will keep the cavewoman at bay. The Lady will engage in meaningful conversation only when she feels her safety and best interests, both physically and emotionally are considered. The Gentleman and the Lady help us help remember what is important and what we value. Healthy relationships depend on us acting and staying in control rather than reacting when we feel threaten. It also depends on us knowing how to avoid triggering the Caveman or Cavewoman in others. Whether at work or at home the goal is to make requests for behavioral changes in others only when we are talking to the neocortex of the Lady or the Gentleman. It will be nearly impossible to explore healthier alternatives without them.

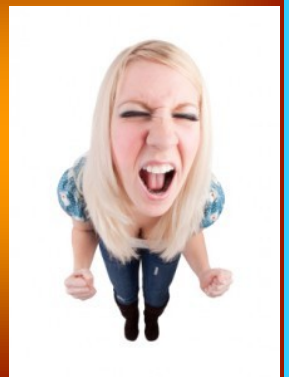


By Jay Khalifeh



## Workplace Etiquette 101: Interruptions!

Keep your interruptions of others to a minimum and always apologize if your intrusion is an interruption of a discussion, someone's concentration or other activity.





# Take 5 Minutes a Day to Save Money

If you're ready to take a massive step toward taming your spending, here's how you do it:

**Step 1 – Commit to tracking every penny you spend for 1 month.** Make sure your spouse commits to the same. This will work best if you begin on the 1st day of the month.

**Step 2 – Decide how you will track.** Will you keep a small notebook with you, keep a note in your phone's notes, use a budgeting or tracking app, or save every receipt? Looking over your bank statement at the end of the month is not the same as actively tracking.

**Step 3 – Choose a time each day to do your tracking.** The evening time is best for most people, because you can track all of your expenses for that day. Don't put it off until tomorrow. It's too easy to forget what you spent or to forget to write your expenses down at all.

**Step 4 – Keep It Simple.** For every expense, simply write down where you spent money, how much you spent and what you spent it on.

## Example:

Joe's Pizza & Waffles - \$13.47 – 1 Pizza and 1 Waffle Dinner  
Rip-U-Off Gas N' Go – \$79.50 – Half Tank of gas

**Step 5 – Don't give up...**no matter how much you may want to. Is it a pain in the butt to track every expense? Yes! Is it a bigger pain in the butt to potentially be blowing hundreds or thousands of dollars with nothing to show for it? Yes!!! It's just 30 days. You can do it!

**Step 6 – Organize your expenses,** at the end of the month, into Spending Categories. You can use the categories from this [Basic Budget Form](#).

**Step 7 – Analyze your spending.** Did you spend more or less than you expected on [restaurants](#)? Can you believe how much you spent on dog toys (or was that just us)? In what areas of your spending can you make some budget cuts? Analyze what you spent in the month, discuss it with your spouse, and come up with specific actions you can take to reduce your spending.

**Step 8 – Start Spending Less and Saving Money!**

5 minutes a day is a small price to pay to get control of your spending and save big money.



## Statement from USPS Board of Governors

The Board of Governors of the United States Postal Service met April 9 and discussed the Continuing Resolution recently passed by Congress to fund government operations. By including restrictive language in the Continuing Resolution, Congress has prohibited implementation of a new national delivery schedule for mail and packages, which would consist of package delivery Monday through Saturday and mail delivery Monday through Friday, and which would have taken effect the week of Aug. 5, 2013. Although disappointed with this Congressional action, the Board will follow the law and has directed the Postal Service to delay implementation of its new delivery schedule until legislation is passed that provides the Postal Service with the authority to implement a financially appropriate and responsible delivery schedule. The Board believes that Congress has left it with no choice but to delay this implementation at this time. The Board also wants to ensure that customers of the Postal Service are not unduly burdened by ongoing uncertainties and are able to adjust their business plans accordingly. The Board continues to support the transition to a new national delivery schedule. Such a transition will generate approximately \$2 billion in annual cost savings and is a necessary part of a larger five-year business plan to restore the Postal Service to long-term financial stability. According to numerous polls, this new delivery schedule is widely supported by the American public. Our new delivery schedule is also supported by the Administration and some members of Congress. To restore the Postal Service to long-term financial stability, the Postal Service requires the flexibility to reduce costs and generate new revenues to close an ever widening budgetary gap. It is not possible for the Postal Service to meet significant cost reduction goals without changing its delivery schedule - any rational analysis of our current financial condition and business options leads to this conclusion. Delaying responsible changes to the Postal Service business model only increases the potential that the Postal Service may become a burden to the American taxpayer, which is avoidable. Given these extreme circumstances and the worsening financial condition of the Postal Service, the Board has directed management to seek a reopening of negotiations with the postal unions and consultations with management associations to lower total workforce costs, and to take administrative actions necessary to reduce costs. The Board has also asked management to evaluate further options to increase revenue, including an exigent rate increase to raise revenues across current Postal Service product categories and products not currently covering their costs. The Board continues to support the Postal Service's five-year business plan and the legislative goals identified in that plan, which will return the Postal Service to financial solvency. The Board additionally urges Congress to quickly pass comprehensive postal legislation.

Source: Ft. Sill DHR ASD

## May is Privacy Act Month

### WHAT IS IDENTITY THEFT?

Identity theft occurs when someone uses your personally identifying information, like your name, Social Security number, or credit card number, without your permission, to commit fraud or other crimes. The Federal Trade Commission estimates that as many as 10 million Americans have their identities stolen each year. In fact, you or someone you know may have experienced some form of identity theft. Identity theft is serious. People whose identities have been stolen can spend hundreds of dollars and dozens of hours cleaning up the mess thieves have made of their good name and credit record. Consumers victimized by identity theft may lose out on job opportunities, or be denied loans for education, housing, or cars because of negative information on their credit reports. They may even be arrested for crimes they did not commit. The potential for damage, loss and stress is considerable.

### TIPS AVOID ID THEFT: DETER, DETECT, DEFEND

The Department of Defense (DoD) Privacy Act (PA) was initiated 14 May 2007. Each agency and individual was directed to maintain and safeguard information to prevent the loss of Personally Identifiable Information (PII). The entire month of May 2013 is designated as PA & PII month in order to raise public awareness of DoD's policy and commitment to deter, detect, and defend against accidental disclosure of PII. In support of IMCOM Operation Order 13-112, Privacy Act & PII Campaign, the Directorate of Human Resources, Administrated Services Division, placed a 12-minute video and a 13-page slide presentation on the main Fort Sill website located at the links below. Both video and slide presentations are located at the bottom left of the webpage and is listed as Deter, Detect, and Defend (Avoid Theft) & PII Course.

CLICK [HERE](#) to link to the PII course      CLICK [HERE](#) to link to the video





## EAP INSPIRATION STATION:



...This is Only a Test!



There's a scripture in the Bible that says, "In the world you have tribulation and trials" (John 16:33 AMP). I believe most people would agree with it. If you read the rest of that verse, you get to the encouraging part where Jesus says we can take heart because He has overcome the world. But the truth is, we all go through hard times and have to learn how to overcome them through Christ. Sometimes God allows or even arranges for us to go through difficulties in this life because it's during those times that we grow in our faith and develop more of the character of Christ. Trials reveal what we really believe and what's really inside our hearts. They test us. And until we're in a situation where we have no choice but to face an issue we need to deal with, we don't really know what

we would do.

James 1:2 (AMP) says we should "consider it wholly joyful" when we experience a trial or face a temptation. Verse 3 goes on to say that "the trial and proving of your faith bring out endurance and steadfastness and patience." That sounds lovely to have endurance, steadfastness and patience during trials, doesn't it?

I remember the days when I would get upset and complain whenever things didn't go my way. I had no peace and was emotionally unstable. When I was tested by trials, they brought out the jealousy, confusion and negative attitudes that were in my heart. But through the years, as I've studied the Word and learned how to trust God, I have developed more of the qualities and character of Christ in my life. Now, I'm much more patient and don't act much different when I'm in a trial than when I'm not. But it took a lot of trials to get me to this point.

It's God's will for us to stay in peace and make decisions with godly wisdom in every circumstance in our lives. We can face our trials and tests with joy when we understand that it's by going through them that we learn how to live in God's peace, joy and wisdom all the time—whatever our circumstances may be.

So how do we pass our tests? What are some temptations we can have when we're going through something that's really tough? Here are several common ones I've discovered:

1. We can be tempted to go back to an old habit or addiction we've been set free from. I smoked for many years, and after I quit, there was period of time when I would want a cigarette whenever I was upset or felt pressured by something. If there are habits or addictions that have been broken in your life, the devil will try to tempt you to go back to them when you're having a hard time. Submit yourself to God, humble yourself before Him, and He will give you the strength to resist the temptation.
  2. We can be tempted to be angry with God and resent people who don't have the same problems we have or who have things we want, especially things we think would make our lives easier. This leads to complaining, and God wants us to totally get over complaining because it affects our lives in a destructive way more than we realize. So when you're tempted to be angry with God or other people and complain, set your mind to praise Him instead and thank Him for His goodness in your life.
  3. Trials can tempt us to become indignant and say things like, "Why is this happening to me? I don't understand why this is happening to me!" We don't tend to think this way when other people have problems, and it's easy to look at them and say, "You just need to trust God and press through this..." Instead of wondering why and feeling sorry for ourselves, we need to say, "Don't panic...this is only a test!" Because the truth of the matter is, this too will pass, and we'll get through it with more peace and stability if we'll trust God to do what is best for us at the right time and in His way.
  4. We can also be tempted to take matters into our own hands. Have you ever thought, "I'm not going to put up with this any more! I'm going to do something about this!" When we take matters into our own hands, we delay or miss the blessing that God wants to give us. Instead, we need to be determined to trust God and wait on Him to work things out.
- God loves you so much and He has a great plan for your life. Trust that He's in control and will work things out for your good when you're going through a trial. The next time you're being tested, tell God, "I trust You. This is good for me! It doesn't feel good, but I know You will work it out for my good." You'll get closer to God as you go through the test, and on the other side, you'll thank Him for using it to make you more like Christ.



## The "Character"

## Couch:

**Resilient –**  
recovering  
readily from  
adversity, de-  
pression



## EAP FUNNY CORNER

**Dear Lord,**

So far today, am I doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.



## COME VISIT US AT:

### Well-Being Center, ASAP

3415 Miner Road  
Ft. Sill, OK 73503

Phone: 580-442-4205

Fax: 580-442-5704

E-mail: [rashonda.labrador@us.army.mil](mailto:rashonda.labrador@us.army.mil)

[Facebook](#)



[Website](#)



## YOUR EAP IS READY TO SERVE

### EAP Services to Employees and Supervisors:

- Assessment, problem identification, and short-term counseling/intervention.
- Referral for treatment and rehabilitation to appropriate community counseling/treatment resources.
- Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment.
- Training and education for supervisors and employees about alcohol and drugs.

### EAP Services to the Installation Organization:

- Training and consultation for supervisors and managers on how and when to make proper use of EAP services for improving employee performance and conduct.
- Consultation to management about trends in employee needs, work groups, and related concerns dealing with work/life/wellness support programs.

## Sneak Peek: What to Expect Next Month

### SUMMER SAFETY



We are now at the brink of Spring's showers, but we must get prepared for those hotter than "h e double hockey sticks" summer days!! Next month's edition will provide tips to keep all safe during the 101 critical days of Summer and remind us the importance of taking safety seriously when engaging in summer activities. Also be on the lookout for affordable vacationing ideas and activities to build your personal esteem!

### WANNA TALK?



### WE WANT YOUR FEEDBACK!

Please contact us if you HAVE ANY SUGGESTIONS!! Your comments will be greatly appreciated!!!

### ANYTHING ELSE YOU WOULD LIKE TO SHARE??

Contact me at 580-442-4205/6306 or at [rashonda.labrador@us.army.mil](mailto:rashonda.labrador@us.army.mil).

I look forward to hearing from you!!

RaShonda M. Labrador, MS, CEAP  
(580)442-4205/6306  
[rashonda.labrador@us.army.mil](mailto:rashonda.labrador@us.army.mil)



### NEED ASSISTANCE?

### CALL YOUR EAP!

#### Disclaimer:

Information, views or opinions expressed in the Workforce Pride e-newsletter originates from many different sources and contributors throughout the general community. Please note that content and hyperlinks external to the US Government websites does not necessarily represent or reflect the views and opinions of the Fort Sill Garrison, the Fires Center of Excellence or the United States Army or their affiliates nor are the events endorsed by the same.